

### Amendments to the Claims

This listing of claims will replace all prior versions, and listings, of claims in the application:

1. (Currently Amended) ~~Method~~ A method of cosmetically treating human skin by topically or orally administering a composition comprising spermine and/or spermidine in free or salified form as active principle to improve hydration of the human skin to improve hydration and maintain beauty of the skin, and skin appendages, wherein the oral composition contains an amount from 0.25 to 0.5 mg of the active principle, and the topical composition contains an amount from 0.01 to 0.02 g/100 ml of the active principle, such amounts being referred to as a trihydrochloride salt thereof.

2.-4. (Cancelled)

5. (Currently Amended) ~~Composition according to claim 3, characterised in that it also~~ The method according to claim 1, wherein the oral composition comprises methyl sulfonyl methane or methionine, vitamin C, vitamin E, Vitamin B6, calcium d-panthotenate, d-biotin, zinc (as aminoacid chelate), copper (as aminoacid chelate), manganese (as aminoacid chelate) and a source of organic selenium.

6. (Currently Amended) ~~Composition according to claim 3, characterised in that it~~ The method according to claim 5, wherein the oral composition comprises:

Methyl sulfonyl methane	200 mg
Spermidine trihydrochloride	0.25-0.5 mg
Vitamin C	60-90 mg
Vitamin E (dl-alfa tocopherol)	33 mg
Vitamin B6 (Pyridoxine)	3.7 mg
Calcium d-Pantothenate	4 mg
d-Biotin	0.23 mg
Zinc (as aminoacid chelate)	7.5 mg
Copper (as aminoacid chelate)	1.25 mg
Manganese (as aminoacid chelate)	2.25 mg
Selenium (as Se yeast)	0.03 mg

7. (Cancelled)

8. (Currently Amended) ~~Composition~~ The method according to claim 1,  
wherein the 3, ~~characterised in that it is suitable for topical~~ composition is ~~administration of a~~  
lotion or cream.

9.-13. (Cancelled)